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Two Hundred Tested Recipes

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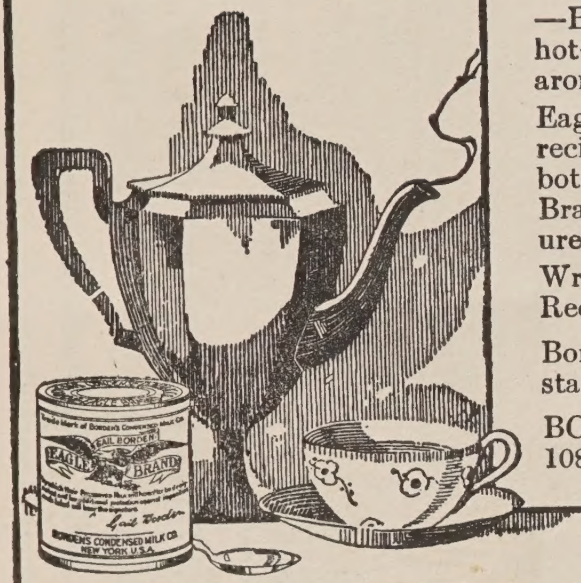
THE OXFORD WOMAN'S CLUB

OXFORD, N. C.

1920



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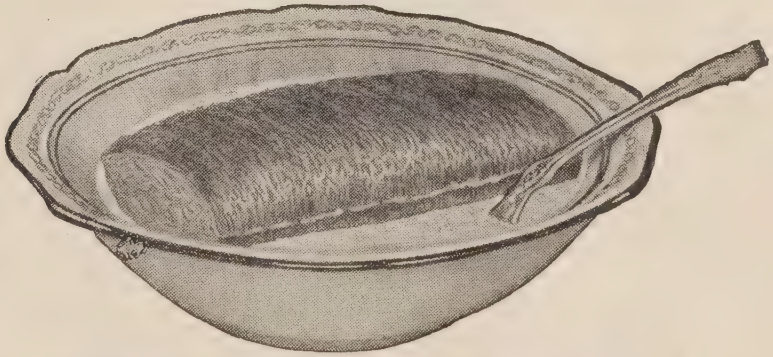

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TWO HUNDRED TESTED RECIPES

Compiled by

THE LITERATURE AND LIBRARY EXTENSION DEPARTMENT

of

THE OXFORD WOMAN'S CLUB

OXFORD, N. C.

1920

"Go, little book, and wish to all,
Flowers in the garden, meat, in the hall."

—*Stephenson.*

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Foreword

THIS little book is intended merely as a supplement to the knowledge already possessed by the average housewife. The recipes herein offered are all tested ones, given by the best housekeepers of a community famous for its bounteous and hospitably spread boards.

The compilers most heartily recommend every one of the two hundred recipes, and believe that in time they will occupy first place among the cook books on the pantry shelf.

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Two Hundred Tested Recipes

I.

BREAD

"Here is bread which strengthens man's heart, and is, therefore, called the staff of life."—*Matthew Henry.*

BATTER BREAD.

One pint good corn meal, 1 pint sweet milk, 1 pint boiling water, 2 eggs beaten together, 1 teaspoonful baking powder, 1 teaspoonful shortening. Scald meal with boiling water, add eggs, then sweet milk and baking powder, then melted butter. Cook in baking dish for about 45 minutes.

MRS. JOHN R. HALL.

FRENCH ROLLS.

One quart of flour, 1 teaspoonful of salt, 2 eggs, 1 large tablespoonful of lard, 2 tablespoonfuls of yeast. Work and knead well at night, and in the morning work well again, make into rolls, put into oven to take second rise, and when risen, bake them.

MRS. J. D. BROOKS.

KNOX GELATINE comes in two packages—**PLAIN** and **ACIDULATED** (Lemon Flavor).

RISEN MUFFINS.

One quart of flour, 3 eggs, ½ cake of Fleischman's yeast, 1 teaspoon of salt, 2 teaspoons of sugar, 1 cup of milk, 1 small Irish potato, 1 tablespoon of butter, 1 tablespoon of lard. Boil milk and set aside to cool. Whip eggs very light, add yeast that has been dissolved in ½ cup of tepid water in which the sugar has been placed, add milk and softened shortening, flour, salt and potato which has been put through a sieve. Mix thoroughly and if too stiff add a little tepid water. The batter should be rather stiff, then beat until it blisters and pops. Place in a greased bowl, set in a warm place (not too hot), to rise. In hot weather this will rise well in four or five hours. When risen beat it down smoothly and drop in muffin tins and let rise one hour. Bake twenty or thirty minutes.

MRS. R. L. BROWN.

OATFLAKE BREAD.

Two cups oat flakes, 2 cups boiling water, ½ cup molasses, ½ cup brown sugar, ½ yeast cake, salt. Mix yeast in $^1/_3$ cup flour at supper time; let it rise two or three hours. Pour water over the ingredients and let stand until cool enough to add yeast. Thicken with white flour and knead. Rise over night, mold and rise in tins. Makes two loaves.

MRS. A. SALLS.

The KNOX ACIDULATED package contains flavoring and coloring.

CRISP WAFFLES.

One egg beaten well, 1½ pints of butter milk, 1 pint of flour, 4 tablespoons of meal, 4 tablespoons of melted lard, 1 teaspoon of soda. Beat egg first, add half the milk. Stir in the flour, then the other milk, add the meal then the lard. Put in soda just as you are going to bake them.

MRS. W. B. BALLOU.

SOUTHERN BATTER BREAD.

One pint of sifted corn meal, 1 quart of boiling sweet milk, 4 eggs well beaten, 1 dessertspoon of butter, ½ teaspoon of salt. Stir the milk into the meal slowly, avoiding lumps. Add butter while hot and let it cool. Beat the eggs and add last. Bake in pan or cups in a hot oven. Half a cup of cold rice can be added.

MRS. W. B. BALLOU.

ROLLED OAT GEMS.

One and one-half cups of sour milk, 2 cups of rolled oats soaked over night in the milk, 1 egg, 1 cup of flour, ¼ cup of molasses, salt, 1 teaspoon of soda, a little shortening.

MRS. A. SALLS.

FLOUR MUFFINS.

Three cups flour, ¼ cup sugar, 1½ cups sweet milk, ¼ teaspoon salt, 2 teaspoons baking powder, 2 eggs, butter or snowdrift size of an egg. Mix flour, sugar, salt, powder. Stir into beaten eggs and milk. Last, add butter melted in 4 tablespoons hot water, beat thoroughly and bake quickly in hot oven.

MRS. JOHN GOOCH.

SOUTHERN CORN MEAL MUFFINS.

Beat the yolks of 2 eggs until light, add 1 cup of sour milk, 1 cup of white corn meal, ¾ cup flour, 1 teaspoon salt, 2 teaspoons baking powder sifted with meal and flour. Grease pans, heat them and oven, add last ¾ teaspoon soda dissolved in luke-warm water to batter, beat vigorously and rapidly, then fold in stiffly whipped whites of 2 eggs. Bake in hot oven.

MRS. JOHN GOOCH.

WHEAT MUFFINS.

One egg, 1 pint of flour, 1 tablespoon of meal, 1 teaspoon of salt, 1 teaspoon of baking powder, 1 pint of buttermilk, 1 teaspoon of soda. Beat well and bake in hot tins.

MRS. F. B. BLALOCK.

FLANNEL CAKES.

One quart of flour, 1 pint of meal, 1 teacupful of milk, 1 teacupful of yeast, 3 eggs, 2 teaspoonfuls of salt. Beat well together and let it rise in a warm place.

MRS. J. D. BROOKS.

BUCKWHEAT CAKES.

One pint of buckwheat flour, 1 tablespoonful of meal, 1 tablespoonful of yeast, 1 teaspoonful of salt. Make up with water over night, and beat until it bubbles. In the morning beat again, and just before baking stir in a pinch of soda dissolved.

MRS. J. D. BROOKS.

BROWN BREAD

Two cups graham flour, 2 cups corn meal, 1 pt. sour milk,1 tablespoonful of soda (dissolved in the milk), 1 cup Orleans molasses, 1 egg, 1 tablespoonful of sugar, pinch of salt. Steam 1½ hours, then put in oven about 10 minutes. (Add to the above 1 cup chopped raisins if wanted.)

MRS. NELLE C. POWELL

TEA ROLLS
(A Never-Fail Recipe)

Two qts. flour, 2 cups sweet milk, 2 cakes Fleishman's yeast, 2 level tablespoonfuls sugar, 1 teaspoonful salt, 3 eggs, 2 round tablepoonsfuls shortening, 1 cup water. Dissolve the yeast in cup of luke-warm water. Melt the shortening and add first the 2 cups warm milk, then the eggs, sugar, salt and yeast. Last, stir in the sifted flour, and work thoroughly. A good test is when the dough blisters. Set aside four hours to rise. Work down lightly on floured board, roll and cut out for rolls. Use small cutter for clover-rolls and grease, or brush with sweet milk. For pocketbook rolls use large cutter, brush over with melted butter or fold over, letting top layer overlap first—a very little to allow for drawing back when using. Brush top with sweet milk and let rise again. Bake in a moderate oven.

MRS. NELLE C. POWELL.

CREAMED MUFFINS

One pint flour, ½ teaspoon salt, 3 teaspoons baking powder, yolks of 2 eggs (beaten lightly), ¾ cup cream or milk enough to make a drop batter. If you use milk put 1 tablespoon melted butter in. Whites of 2 eggs beaten stiff.

MISS HELEN WHITE.

LUNCHEON ROLLS

One cup scalded milk, 4 tablespoons sugar, ½ teaspoon salt, 1 yeast cake, dissolved in 4 tablespoons luke-warm water, 4 tablespoons melted butter, 2 eggs, flour; add sugar and salt to milk; when luke-warm, add dissolved yeast cake and 1½ cups of flour. Beat thoroughly, cover and let rise; then add butter, eggs well beaten, and enough flour to knead. Let rise again, take from bowl and roll to ½ inch thickness. Shape with small biscuit cutter, place in buttered pan close together, let rise again, and bake for about twenty minutes.

MISS SADIE PARHAM.

BEATEN BISCUIT

One quart flour, ¼ cup lard, ½ teaspoon salt, 1 cup cold water. Rub lard and salt into flour and mix with cold water to very stiff dough. Knead ten minutes until well mixed, then beat hard with beater, turning dough over and over until it blisters, and pulling off piece quickly it will give a sharp cracking sound. When in this condition pull off round piece suddenly, form in round biscuit, then pinch off piece, turn over and press with thumb, turn over and press. Put in pan and bake in quick oven twenty minutes.

POCKET BOOK ROLLS

One qt. flour, 1 teaspoonful salt, large tablespoonful lard, 2 tablespoonfuls sugar, 1 cake yeast 1½ cups warm water, 1 egg. Dissolve yeast and sugar in water; let stand in warm pan 10 minutes; if yeast is good it will rise on top of water. Sift flour and salt together; work in lard, add yeast and egg well beaten, knead until smooth and soft, put into greased bowl or stone jar, grease on top and let rise 4 or 5 hours, turn out on floured board, roll as you would biscuit, cut with medium sized cutter, brush with melted butter, fold and put into biscuit pans and brush tops with butter; let rise for an hour and bake in moderately hot oven. A half cup of white mashed potatoes may be used in place of egg.

MRS. B. S. ROYSTER

SOUR MILK BISCUIT

One quart sifted flour, 1 even teaspoon salt, 1 even teaspoon soda, 1 pint thick sour milk, 1 large tablespoon butter.

EGG BREAD

Three eggs, beaten separately, 1 cup meal, 2 cups boiling water, 1 teaspoonful baking powder. Scald meal and let cool before adding eggs.

MRS. E. T. WHITE.

WAFFLES

Four level teaspoonfuls baking powder, 2 level cupfuls flour, ½ level teaspoonful salt, 2 level tablespoonfuls of sugar, 2 eggs separated, 1½ cupfuls sweet milk, 4 tablespoonfuls melted butter. Mix flour with baking powder and salt and sift in bowl, beat yolks of eggs, add sugar, butter and milk. Add this mixture gradually to dry ingredients, beaten thoroughly. When well mixed, fold in stiffly beaten whites of eggs. Have waffle iron hot and well greased.

MRS. A. H. A. WILLIAMS.

GRAHAM MUFFINS

One cup Graham or entire wheat flour, 1 cup flour, ¼ cup sugar, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 1 cup milk, 1 egg, 1 to 3 tablespoonfuls melted butter. Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in hot oven in buttered gem pans 25 minutes.

MRS. MARY COOPER EVINS.

OATMEAL MUFFINS

One cup cooked oatmeal, 1½ cups flour, 2 tablespoonfuls sugar, 4 teaspoonfuls baking powder, ½ teaspoon salt, ½ cup milk, 2 tablespoonfuls melted butter, 1 egg. Mix and bake.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed.

LUNCHEON ROLLS

One-half cup scalded milk, 2 tablespoons sugar ½ teaspoonful salt, ½ yeast cake dissolved in 2 tablespoonfuls luke warm water, 2 tablespoonfuls melted butter, 1 egg, few gratings from rind of lemon, flour. Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and ¾ cup flour. Cover and let rise; then add butter, eggs well beaten, grated rind of lemon, and 1¼ cups flour. Let rise again; roll to ½ inch thickness, shape with small biscuit cutter, place in buttered pan, let rise again, and bake . These rolls may be ready to serve in 3 hours if 1½ yeast cakes are used. MRS. MARY COOPER EVINS.

TEA MUFFINS

To 1½ cups of warm sweet milk add - tablespoonful sugar and 2/3 cake of yeast, beat 3 eggs well, add to milk, mix in slowly and beat well, first 1 light qt. flour, then 1 heaping tablespoonful melted butter, salt to taste, allow about 4 hours for rising first time, 2 hours for second time. MRS. W. D. BRYAN.

QUICK SALLY LUNN

One qt. of flour, ½ cup butter, 2 eggs, 2 cups of milk, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of soda, 2 tablespoonfuls of sugar, 1 saltspoonful of salt. Bake 15 minutes. MRS. J. D. BROOKS.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons.

BAKING POWDER

Take 1 lb. cream of tartar and ½ lb. soda and mix with an even pint of flour. Rub through a sieve 3 or 4 times. Put in tin cans and keep in a dry place. Use 3 teaspoonfuls to 1 qt. of flour.

MRS. MARY COOPER EVINS.

BAKING POWDER BISCUIT

One pt. of flour, 1 tablespoonful of lard, 1 teaspoonful of baking powder, and a little salt. Make into a soft dough with water or sweet milk but never with both. Bake in a quick oven.

MRS. MARY COOPER EVINS.

POPOVERS

One cup flour, ⅞ cup milk, ½ teaspoon salt, 2 eggs, 1 teaspoon melted butter. Mix salt and flour; add milk gradually, then eggs well beaten, and butter; beat well with egg beater; put into hot greased muffin rings and bake in hot oven. Serve immediately.

MRS. B. S. ROYSTER.

SHORT CAKE

Two and one-half cupfuls White Rose self-rising flour, 1 egg (yolk and white), ½ cupful (scant) lard and butter mixed. Moisten with milk and water.

See that the name K-N-O-X is on each package of gelatine you buy.

FRENCH TOAST

Six slices bread, 2 eggs, 2 tablespoons milk, ½ teaspoon salt. Beat eggs, add salt and milk; dip bread in mixture and fry in hot greased frying pan.

MRS. B. S. ROYSTER.

BREAKFAST GEMS

One and one-half cupfuls White Rose self-rising flour, 1 egg, 1 cupful milk. Beat together for three or four minutes, place in a hot gem pan and bake in a hot oven.

DELICIOUS MUFFINS

One quart White Rose self-rising flour, 3 tablespoonfuls sugar, 1 piece butter size of walnut, 1 egg, 1 cupful milk. Stir quickly into a batter, have the tins warm and bake in a quick oven.

DROP BISCUIT

Two cups of flour, 4 level teaspoonfuls baking powder, 2 tablespoonfuls butter or lard, ½ teaspoonful salt, sweet milk enough to make a batter which will drop from spoon without spreading. Drop by spoonfuls on greased tin one inch apart. Brush over with milk and bake in hot oven about 8 minutes.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons.

SALLY LUNN

Three eggs well beaten, ½ cup lard, 2 cups of sweet milk, ½ cup of yeast, nearly a cup of sugar, 1½ qts. of flour, and a little salt.

MRS. E. T. WHITE.

POPOVERS

Two cupfuls White Rose self-rising flour, 2 cupfuls milk, 2 eggs, butter. Mix thoroughly, place on buttered cake tins and bake in a very hot oven.

NUT BREAD

One and one-half cups white flour, 1½ cups graham flour, 4 teaspoonfuls baking powder, 1 teaspoonful salt, 1 cupful water, 1 egg, $^1/_3$ to ½ cupful Borden's Eagle Brand Condensed Milk (amount depending on sweetness desired), 1 cupful chopped nut meats. Sift the flour before measuring, taking care to use the bran remaining in the sieve after sifting the graham flour. Combine all the dry ingredients and mix well. Combine the milk and water and add slowly to the dry ingredients, beating constantly. Add well beaten egg and nut meats. Put in a greased pan; cover and let rise 30 minutes. Bake in a moderate oven from 45 to 60 minutes. Yield, 1 loaf.

CORN BREAD

One pt. of meal, a pinch of salt or not, ¼ teaspoonful of soda, ½ cup sour milk, warm water to make a soft dough. Have griddle well greased and hot. Make dough into oval-shaped cakes. Place on griddle, put down thin, and bake on top of stove, browning both sides.

MRS. HELEN WHITE.

TOMATO CREAM TOAST

Melt 3 tablespoonfuls butter in a saucepan. Add 3 tablespoonfuls flour, ¾ teaspoonful salt, ⅛ teaspoonful paprika. Stir to smooth paste and gradually add 1½ cups tomato, stewed and strained, to which ¼ teaspoonful soda has been added, then put $^2/_3$ cup scalded cream. Dip slices of toast into sauce. A slight sprinkling of cheese is a great addition.

MRS. J. WEBB.

II.

CEREALS

"The hailsome parritch, chief of Scotio's food."

—*Burns.*

OATMEAL

Oatmeal, 1 cup; salt, ½ teaspoon; boiling water, 2 cups. Sprinkle the oatmeal into boiling salted water and let it boil a few minutes; then put the vessel into a pan of boiling water or a double boiler, and cook slowly from 1½ to 3 hours. Do not stir. If the oatmeal is stirred the grains are broken and it becomes a sticky, gluey mass. When properly cooked, oatmeal is of a jelly-like consistency. The steamer and the fireless cooker are excellent for cooking oatmeal, because the large amount of cellulose is broken down and softened by the long, slow cooking.

SHREDDED WHEAT BISCUIT WITH STRAWBERRIES

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

SHREDDED WHEAT BISCUIT FOR BREAKFAST

Warm the biscuit in the oven to restore crispness—don't burn; pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit; or, serve with cold milk or cream, according to individual taste.

SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

CREAM OF WHEAT

Cream of wheat, 1 cup; salt, 1 teaspoon; water, 4 cups. Bring the water to the boiling point, add the salt, and sprinkle in the cream of wheat. Cook at least half an hour immediately over the fire.

III.

SOUPS

"Do daily soups your dinners introduce?"—*Gay.*

WHITE SOUP

Four large peeled and sliced Irish potatoes and 1 onion into a saucepan, cover with water and allow to boil until soft. Rub through a sieve. Melt 1 tablespoonful of butter (or substitute) in a saucepan; stir in 1 tablespoonful of flour; add water from boiled potatoes and ½ cup of milk; season with salt and pepper. Serve hot with diced pieces of toasted bread.

MISS MAY WHITE.

BEAN SOUP

Beans, 2 cups (cooked); tomatoes, 2 cups; stock or water, 1 quart; onion, 1 medium; parsley, 1 sprig; butter, 2 tablespoons; flour, 1 tablespoon; pepper to taste; salt to taste. Use beans that have been left from dinner. Cook the tomatoes, stock, parsley, and beans until tender. In the meantime, cook the onions to a golden brown in the butter, and add the flour. Strain the tomatoes and beans through a puree sieve, pushing all of the pulp through and rejecting only the skins and seeds. Reheat, and when steaming add the onion, butter and flour. Season with salt and pepper, and serve.

CREAM OF TOMATO SOUP

Tomatoes, 1 quart; soda, ¼ teaspoon; flour, 2 tablespoons; butter, 2 tablespoons; milk, 1 quart. Heat tomatoes and press through puree sieve; reheat. Heat the milk in a double boiler and season with salt and pepper and thicken with the creamed flour and butter. When smooth and creamy, add the soda to the hot tomatoes and pour the tomato juice slowly into the hot milk. Do not put the soup back on the stove. Serve at once.

CREAM OF CELERY SOUP

Chop fine enough celery to make 1 quart by measure. Cover with 1 quart water and simmer gently for twenty minutes. Press through a colander. Put 1 quart of milk in double boiler. Rub together 2 tablespoons of butter and 2 of flour; add to milk; stir until thick and smooth. Add a teaspoon salt, a saltspoon white pepper; add the celery mixture; strain all through a fine sieve and serve at once.

BRUNSWICK STEW (Small)

Take 1 chicken or 2 squirrels, cut up and put over the fire, with ½ gallon water. Let stew until the bones can be removed; add ½ dozen large tomatoes, 1 pint of butterbeans, corn cut from ½ dozen ears, and 4 large Irish potatoes sliced. Season with butter, pepper and salt, and cook until thick enough to be eaten with a fork.

IV.

FISH AND OYSTERS

"There stay thy haste and with the savory fish indulge thy taste."—*Gay.*

"Now, if you're ready, oysters, dear, we can begin to feed."—*Lewis Carroll* (Through the Looking Glass).

BAKED FISH

Fish, 2½ to 3½ pounds; bread crumbs, 1½ cups; salt, 1 teaspoon; parsley, 1 tablespoon; pepper, 1 saltspoon; butter, 3 tablespoons; a few slices salt pork. Dress the fish for baking, mix the stuffing by melting the butter and adding melted butter, salt, pepper, and chopped parsley to the crumbs. Stuff the fish and sew together. Make gashes on sides 2 inches apart and fill with thin slices of bacon. Try out a little of the bacon or pork and drop the fish into the hot fat. Cook a moment or two and then turn the fish over. After the fish has been exposed to heat on all sides, put into a moderate oven and cook slowly. When the fish is half-done, dredge with flour and add enough boiling water to cover the bottom of the pan. Up to this time the fish has had no water in the pan; it is baked very slowly in the bacon fat, and basted every ten minutes in its juices and fat. Garnish with parsley and lemon, or serve with sauce Hollandaise.

MRS. J. D. B.

FISH à la GRAPES

Select white fish with as few bones as possible. Remove bones. Place in shallow pan, skin side down, with just enough water to cook in and keep from sticking. Season with salt. Cook thoroughly done, but do not let fish come to pieces. Serve with dressing made as follows: Put large tablespoon of butter in saucepan and melt without burning, stir in thoroughly without lumping, 1 tablespoon flour, add 1 cup of cream and ½ cup fish stock, add 2 tablespoons grated cheese and the yolks of 2 eggs, well beaten; stir until hot, but do not allow to boil. Drop in 2 cups of malaga grapes and pour all over fish and serve hot.

MRS. R. G. LASSITER.

SCALLOPED OYSTERS

Oysters, 1 quart; salt, 1 teaspoon; butter, 2 tablespoons; flour, 2 tablespoons; milk, 1 cup; pepper, 1 saltspoon; cracker crumbs, 2 tablespoons. Pan-broil and drain the oysters; heat the milk in a double boiler. Add the creamed flour and butter to the hot milk, making a cream sauce. Season with salt and pepper. Put the oysters in a pudding dish, cover with the cream sauce, sprinkle the crumbs over the top and bake a few moments in a hot oven.

A KNOX GELATINE Dessert or Salad is attractive and appetizing.

DEEP-FAT FRYING-OYSTERS

Remove all pieces of shell, wash and dry between towels. Season the bread crumbs with a little cayenne and 1 teaspoon of salt to each cup of crumbs. Beat an egg slightly, dip the oysters in the egg, then in the crumbs, and fry in hot, deep fat. Fat should be hot enough to brown a crumb of bread in a short time. drain on soft paper. Serve hot.

OYSTER STEW

Oysters, 1 quart; milk, 1 pint or more; salt, 1 to 1½ teaspoons; butter, 3 tablespoons; pepper, ⅛ teaspoon. Heat the milk in a double boiler, add butter, salt, and pepper. When the dinner is ready to serve, drop the oysters into a hot, heavy pan with 1 tablespoon of butter and broil until gills curl and the oysters are plump. Pour into the hot milk and serve at once. This gives the broiled taste.

V.

MEAT DISHES

"Then came a dish of meat—nature unknown, but supposed to be miscellaneous—singularly chopped up with crumbs of bread, seasoned uniquely, though not unpleasantly, and baked in a mould."—*Charlotte Bronte.*

HOT BEEF LOAF

Take 3 pounds of steak and grind it through a meat chopper; add 2 beaten eggs, pepper and salt, and 1½ cups of bread crumbs; press this into a shallow, oblong loaf shape, and cover with 8 slices of salt pork, cut thin; add cup of water to the pan, bake 1 hour, basting often. Thicken the gravy in pan and pour over meat.

MRS. OSCAR BREEDLOVE.

BEEF LOAF

Chop 1 pound flank steak (or lean beef) through a meat chopper, ½ cupful suet and 2 small onions, 1 cupful soft bread crumbs, 1 egg, slightly beaten, 2 tablespoonfuls Worcestershire sauce, 2 tablespoonfuls horse-radish, ½ teaspoonful dry mustard, 1 teaspoonful salt, 2 tablespoonfuls minced green pepper. Pack into a buttered bread pan, cover the top of the loaf with ½ cupful tomato catsup and bake 1 hour in a moderate oven. The result is a real transformation. You will not return to the salt and pepper beef loaf.

MISS ESTELLE WHITE.

JELLIED BEEF

Soak 1 tablespoonful gelatine ½ hour in ½ cup water. Put sufficient cold beef through your meat chopper to make a pint, heat until gelatine is dissolved, add 1 peeled chopped tomato, 1 tablespoon grated onion, 1 level teaspoonful salt, and a dash of pepper; add ½ pint of boiling water. Stir this into the beef, turn it into small square mold and stand it away to harden. Serve cold, cut into slices with either tomato or lettuce salad. This may be seasoned with Spanish sweet peppers, celery seed or choppd celery.

SCRAPPLE

To make scrapple, take 2 or 3 hogs heads, hearts, a liver or two. Boil until tender, then take the meat from the liquid, remove the bones, and run meat through a chopper, take all bones from the liquid and skim off a part of the grease; then return the ground meat to the liquid, add seasoning as you would for sausage, also 1 quart meal and 1 quart seconds, or buckwheat; boil all briskly until like mush, then pour into dishes or pans, and when cold cut into squares; flour and fry as you wish. This makes a delicious breakfast or supper dish.

MRS. JOHN PARIS.

SPANISH CHICKEN

Cut chicken as for frying, cover well with boiling water and cook until thoroughly done; season with salt and pepper and a little onion if desired; when the chicken is nearly done add boiled rice and tomatoes which have stewed about 10 minutes; stir all together for 10 minutes more, stirring often to prevent the rice burning to the pot; green or ripe sweet peppers may be added, or spaghetti used instead of rice.

MRS. R. G. LASSITER.

SWEET POTATO CROQUETTES

To 2 cups of mashed sweet potatoes add 3 tablespoons butter, ½ teaspoonful salt, few grains of cayenne, 1 beaten egg. Shape in croquettes, dip in crumbs, egg and crumbs again and fry in deep fat.

MRS. B. S. ROYSTER.

CHICKEN CROQUETTES.

One and three-quarters cup minced chicken, ½ teaspoonful salt, few grains of cayenne, 1 teaspoonful lemon juice, 1 teaspoonful finely chopped parsley, 1 cup thick white sauce; mix in order given, cool, shape in croquettes, dip in crumbs, then in egg and crumbs again. Fry in basket in deep fat.

MRS. B. S. ROYSTER.

CHICKEN en Casserole à la Spaghetti
(A Delicious Luncheon or Supper Dish)

One broiling sized chicken cut in small pieces, 1 small package spaghetti, 1 green sweet pepper, cut in shreds, 1 re dsweet pepper, cut in shreds. 1 cup sweet milk, 2 tablespoonfuls butter, ½ pound grated cheese, 1 tablespoonful flour, pepper and salt to taste, and a little cayenne pepper, ½ cup cracker crumbs. Place chicken in cassarole with 1 tablespoonful of butter, cover with water and cook until tender; then add the spaghetti and peppers which have been cooked separately until done. Mix the flour and remaining tablespoonful of butter, and add the milk, which must be warm, though not boiling, and add the salt and pepper. Pour this over the other ingredients, and sprinkle with the grated cheese, stirring all together lightly. Cover with cracker crumbs and bake until brown; 15 or 20 minutes should be long enough.

MRS. NELLE C. POWELL.

SALMON LOAF

One can salmon (wash), 3 cups bread crumbs, (soften in cold water), not necessary to remove bones and skins in can of salmon. Mix in beginning: 2 eggs (slightly beaten), $^1/_3$ cup milk, juice of 1 lemon or 1 tablespoonful of vinegar, 1 small onion chopped fine, 2 level teaspoons salt, 1-3 teaspoonful pepper, 2 pounds fat (melted).

BOILING A HAM

Boiled ham to be at its best requires very slow cooking. Put the ham in a kettle, cover it with cold water and let it soak 4 hours. Take it out, wash it thoroughly, scrape and clean off the hard edges of the skin, put back in kettle, cover with cold water, let it simmer until meat is tender when tried with a fork. A ten-pound ham would require about 5 hours cooking in this way. Remove the ham from fire and let stand in water for an hour, then take from water and remove the outside skin. Sprinkle ham with granulated sugar and cracker crumbs, a dash of paprika and insert two or three whole cloves. Put in a slow oven and bake for an hour.

MRS. KATE WHITE

LAMB CROQUETTES

Chop or run through a grinder, 1 pound of lamb or veal. Salt and pepper to suit taste, dash of celery seed, 1 egg. Chop, either 2 small apples, or 1 large 1, very fine, 2 or 3 cold Irish potatoes chopped up, 1 grated biscuit. Mix all together well, form into shapes, roll in egg, then in cracker dust or meal. Fry in deep fat or bake in deep fat.

(Original.) MRS. K. L. STREET.

SWEET POTATO CROQUETTES

Boil 4 medium sized potatoes; mash; season with 3 tablespoonfuls of sugar, 1 tablespoonful of butter and a pinch of salt. Add a little flour, shape into croquettes, roll in flour and brown. This will make about eight croquettes.

MRS. KATE F. BRUMMITT.

VI.

SALADS

"We have got three things left, sir. Love, music, and salad!"—*Wilkie Collins.*

CHERRY SALAD

Cream cheese with fork, adding a little cream or milk, then stuff cherries with mixture and stick in a nut. Heap on lettuce leaves and add mayonnaise.

MRS. C. D. RAY.

PEAR SALAD

One qt. can of large tender pears, 1 head white-headed lettuce; place several leaves of crisp lettuce on a plate. On this place 2 halves of a pear, 1 spoon of mayonnaise dressing. Over this sprinkle a little grated (fresh) cheese and a few chopped almonds.

MRS. JOHN R. HALL.

MAYONNAISE

Two cups Wesson oil, yolks of 4 eggs, ½ teaspoon of dry mustard, ½ teaspoon of salt, sprinkling of cayenne pepper, about 2 teaspoons of vinegar. Stir the oil only into the eggs, salt and pepper well together. Thin with the juice of a lemon until all the oil is used.

MRS. MITCHELL.

PINEAPPLE SALAD

Six slices pineapple, 3 bananas, small red sweet pepper, mayonnaise. Into the center of each slice of pineapple put ½ of a banana, having the round end for the top. Stick a knife in the top of the banana and insert a little piece of the pepper, which will imitate a burning candle; add mayonnaise as you like. Cheese wafers are delightful with this salad.

MRS. STREET.

POTATO SALAD

Mix boiled sliced potatoes with diced stuffed olives, blending with mayonnaise.

DELMONICO DRESSING

Mix ½ tablespoonful salt, ½ tablespoonful mustard, ¾ tablespoonful sugar, then add 1 egg slightly beaten, 2½ tablespoons melted butter, ¾ cup cream, and ¼ cup of vinegar. Cook over hot water, stirring constantly until mixture thickens. Strain and cool.

SUNFLOWER SALAD

Cut some slices of pineapple into small wedge-shaped pieces, and arrange to simulate a sunflower around a center of chopped nuts. Serve with mayonnaise dressing, which has been made light with a little whipped cream.

MARSHMALLOW SALAD

One-half lb. marshmallows, ¼ lb. pecans or other nuts (almonds), 1 pint pineapple (sliced).

Dressing

Yolks of 2 eggs, ¼ teaspoonful salt, little mustard, dash of red pepper, 1 cup of milk, heat to scalding, then pour over eggs and cook until thick; cool and pour over fruit. 1 pt. of whipped cream in winter or frozen in summer is nice to use on top of salad.

MRS. H. G. COOPER.

CRANBERRY SALAD

Jellied cranberries, head of lettuce, nut meats, olives, celery, mayonnaise dressing. Prepare the cranberries. Pour into individual molds; when cold turn each out on a lettuce leaf. Chop nut meats, olives and celery together and sprinkle the cranberry molds with them. Serve with mayonnaise and crisp salted wafers.

STUFFED PEPPERS

Three peppers, ½ onion, finely chopped, 1 tablespoon butter, 2 tablespoons breadcrumbs (buttered), 3 tablespoons lean ham chopped fine, or any other meat.

GINGER ALE SALAD

Soak 3 tablespoons gelatine, dissolve in 2 cups boiling water. Add 1 cup ginger ale, 3 tablespoons sugar, speck salt, 3 tablespoons lemon juice. When jelly begins to set, fold in ½ cup each Maraschino cherries (cut small), apples (cut small), celery (cut small),—of canned shredded pineapple. Set in a cold place until stiff. Put in individual molds, or a large mold. Serve with mayonnaise dressing. This will serve 8 people.

PERFECTION SALAD

One envelope Knox Sparkling Gelatine, ½ cup cold water, ½ cup mild vinegar, 2 tablespoonfuls lemon juice, 2 cups boiling water, ½ cup sugar, 1 teaspoonful salt, 1 cup cabbage, finely shredded, 2 cups celery cut in small pieces, 2 pimentoes cut in small pieces. Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add the remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes. A delicious accompaniment to cold sliced chicken or veal.

PEAR SALAD

Canned pears, apples, and green peppers. Cut pears, apples and peppers in small pieces and serve with a boiled dressing.

A SIMPLE SALAD

Take cold boiled white potatoes, dice them, cut up green peppers and some firm tomatoes, add a little salt and mix with mayonnaise.

MRS. C. D. RAY.

THOUSAND ISLAND DRESSING

One-half cup mayonnaise, ½ cup whipped cream, 1 hard boiled egg chopped fine, 1 green pepper and 1 pimento chopped fine, 2 teaspoons catsup, 1 small onion grated, 2 teaspoons Tarragon vinegar.

MRS. C. D. R.

GRAPE COCKTAIL

Wash and seed 2 pounds of malaga grapes; have beaten whites of 6 eggs, pinch of salt, 6 large teaspoons powdered sugar, a little grated nutmeg; add to grapes ½ glass of Jamaica rum or wine; mix all together; serve in low glasses with crushed ice.

MRS. C. D. R.

BRAZILIAN SALAD

Remove skin and seed from malaga grapes and cut in halves, lengthwise, add an equal quantity of pineapple, apple, and celery, cut in small pieces; add ¼ the quantity of Brazil nuts, broken in pieces. Mix all either with mayonnaise or cream mayonnaise dressing.

MRS. JOHN WEBB.

To make a cream mayonnaise dressing, whip cream, 1 cup, and add mayonnaise dressing to it.

GINGER ALE SALAD

Soak 6 tablespoons gelatine in a little cold water and dissolve in 2 cups boiling water; add 2 cups ginger ale, $^1/_3$ cup sugar and $^1/_3$ cup lemon juice; when jelly begins to congeal, fold in 1 cup each of white grapes, seeded and cut in halves, apple, celery, pineapple and crystallized or preserved ginger, all cut into small pieces. Pour into bowl or individual molds and when congealed serve with mayonnaise.

MRS. B. S. ROYSTER.

RAISIN SANDWICHES

Slice the bread thin and spread both sides with mayonnaise. Flatten the raisins and place between the bread.

ISABEL PARHAM.

TOMATO JELLY

Take 1 can of tomatoes and stew until soft enough to strain through a sieve strainer, taking care not to let any seed get into the liquor. Set the liquor on to boil, adding ½ cup of vinegar, 1 teaspoon of salt, 1 tablespoon of sugar, 1 teaspoon of mixed mustard, dash of cayenne pepper, 1¼ pints gelatine, previously soaked in a little water. Let the mixture boil a few minutes, then pour out in after dinner cups or small molds. Add a little chopped onion to each cup. Let stand in a cold place till it congeals. Serve on lettuce leaves with mayonnaise.

MRS. BONITZ.

FRUIT SALAD

Two grapefruits, 6 oranges, 1 can of sliced pineapple, cut in large pieces, and a few cherries stuffed with nuts. Dressing for same salad; yolks 3 eggs, ½ teaspoon flour, 1 tablespoon of butter, ½ cup of sugar, ½ cup of vinegar; season with red pepper; cook in double boiler, and stir until thick. When cold, and just before serving, add ½ pint of whipped cream; use lettuce to garnish plates.

MRS. S. C. MORTON, JR.

VII.

DESSERTS

"Satiety is a neighbor to continued pleasures."
—*Quintilian.*

GRAPE BAVARIAN CREAM

One pint grape juice, ½ cup boiling water, 1½ tablespoonfuls Knox Gelatine, ½ cup sugar, 1½ cups heavy cream. Barely cover the gelatine with cold water, and when it has soaked five minutes, dissolve in boiling water. Add the sugar and when melted, the grape juice. Stir the mixture occasionally when cooling, and when it has barely begun to thicken, fold in the cream, whipped stiff.

MARSHMALLOW PUDDING

Soften 2 teaspoons of Knox Gelatine in ½ cup of cold water. Dissolve in ½ cup of boiling water. Beat the whites of 2 eggs stiff. Gradually fold in the gelatine mixture and ½ cup powdered sugar. Pour into a wet mold which contains 2 bananas, 1 orange, cut fine. When stiff turn out and serve with cream.

PINEAPPLE PUDDING

One pint grated pineapple, 1 cup sugar, 4 eggs (beaten together), 1 cup rich milk. Stir all well together and pour into warm pan; set pan in another pan of hot water and bake until a nice brown. Serve with whipped cream.

MRS. THAD G. STEM.

PINEAPPLE TRIFLE

Cut 1 lb. of marshmallows into quarters. Cover with a can of grated pineapple, and let stand overnight. In the morning, fold in 2 egg whites beaten stiff. Do not serve for 2 hours. Unsweetened wafers best to serve with this dessert.

PINEAPPLE CUSTARD

Three eggs, 1 cup grated pineapple, $^2/_3$ cup sugar, ½ cup milk, 2 tablespoonfuls butter. Beat whites and yolks separately, but mix both with pineapple, milk and sugar before cooking. This will make two custards.

MRS. JOHN WEBB.

CREAM CORNSTARCH

Four tablespoons cornstarch, ½ cup milk, add to 1 pint boiling milk, cook 1 minute. Add ½ cup sugar, then pour slowly into beaten whites of 4 eggs. Use 2 ounces of grated chocolate in milk with starch if wished or 1 pint coffee instead of milk. Mold and serve cold.

MRS. A. SALLS.

Send for free sample of **KNOX GELATINE.**

CORNSTARCH BLANC MANGE

One pint milk, 1 egg, salt, 2 heaping tablespoons cornstarch, ¼ cup sugar, 1 square chocolate if desired. Put chocolate in after cornstarch and ingredients have thickened in double boiler. MRS. A. SALLS.

REBECCA PUDDING

Four cups scalded milk, ½ cup cornstarch, ¼ cup sugar, ¼ teaspoon salt ½ cup cold milk, 1 teaspoon vanilla, whites of 3 eggs. Mix cornstarch, sugar, and salt; dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally. Cook 15 minutes. Add flavoring and whites of eggs beaten until stiff. Mix thoroughly, mold, chill, and serve with boiled custard.

PEACH CUSTARD

Arrange alternate layers of stale cake and sections of canned peaches in glass dish and pour over boiled custard.

SPANISH CREAM

Set 1 qt. of milk and ½ box of gelatine in double boiler. Stir until gelatine dissolves. Beat yolks of 3 eggs and 1 cup sugar together, and when milk is hot, stir in and heat to boiling point. Set dish off fire and stir in gradually whites which have been beaten stiff. Turn into molds, flavoring to suit individuals.

MRS. A. SALLS.

ORANGE CHARLOTTE

One-third box of gelatine, $^1/_3$ cup cold water, $^1/_3$ cup boiling water, 1 cup sugar, juice of 1 lemon, 1 cup orange juice and pulp, whites of 3 eggs. Line a mold or bowl with lady fingers or sections of oranges. Soak gelatine in cold water till soft. Pour over the boiling water, add sugar and lemon juice. Strain and add the orange juice and pulp with a bit of rind grated very fine. Cool in a pan of ice water. Beat whites of eggs stiff and when jelly begins to harden, beat it till light. Add the beaten whites and beat together until stiff enough to drop. Pour into molds and set to harden. One pint of whipped cream may be used instead of the whites of the eggs, or piled on top when ready to serve. MISS KATE de la CROIX.

TYLER PUDDING

Three cups of brown sugar, 3 eggs, 1 cup of cream, ½ cup of butter; flavor with nutmeg and lemon; beat sugar and eggs, add cream and flavoring. Bake in rich pastry. This makes 4 pies. MRS. BOOKER.

JEFF DAVIS PUDDING

One cup of butter, 3 eggs, 2 cups of sugar, 2 tablespoons flour, 1 cup of sweet milk, juice of 1 lemon; bake in a crust. This makes 3 pies. MRS. BOOKER.

The KNOX ACIDULATED package contains flavoring and coloring.

BAVARIAN CREAM

Make 3 cups of milk into plain boiled custard, season with vanilla. Dissolve ¼ box Chalmer's Gelatine in ½ cup cold water, then add small quantity milk to gelatine and dissolve thoroughly by putting in warming closet or over tea kettle; when dissolved, add to custard just before taking custard from fire, juice and pulp of 6 oranges. To this add ¾ cup sherry wine and sweeten to taste. Quantity of sugar depends upon sweetness of oranges, but be sure to make it sweet enough not to curdle custard. As custard cools, mix with wine and orange and put in a cold place. When it begins to congeal, beat in lightly 1 pint whipped cream. Put in cold place until ready to serve. This will serve 12 people.

MRS. JAMES W. HORNER.

RUSSIAN CREAM

One-half box gelatine dissolved in a little water, yolks of 4 eggs beaten lightly. Add 1 pint sugar and beat well together. Let 1 quart milk come to a boil and pour over the above mixture, then boil all together for a few minutes and pour over the whites of 4 eggs beaten stiff. Add vanilla and 2 wine glasses of sherry wine; congeal and serve with whipped cream.

MRS. CAM EASTON.

CARAMEL CHARLOTTE RUSSE

One-half envelope Chalmer's Gelatine, ½ cup cold water, 1 scant cup granulated sugar, ¾ cup boiling water, ¼ lb. blanched almonds, 9 or 1 doz. lady fingers, 1 pt. cream, vanilla to taste. Soak gelatine in cold water 5 or 10 minutes and let stand in hot water until dissolved. Caramelize the sugar, add boiling water and allow to become cool; then add gelatine. When beginning to set, add nuts, vanilla and whipped cream. Pour into molds lined with lady fingers. Put on ice and when ready to serve decorate with Maraschino cherries.

MRS. JOHN R. HALL.

AMBER CREAM

One quart milk, 6 eggs, 1 cup sugar, ½ box gelatine. Beat eggs all together with sugar. Let milk come to a boil and add this and gelatine, dissolved in a little water. Let boil until it thickens. Flavor with vanilla, congeal and serve with whipped cream.

IRISH PUDDING

Stir together 1 cup molasses, 1 cup butter, 1 cup milk, 3 cups flour with 1 heaping teaspoonful baking powder sifted in it; into this beat 2 eggs and 1 cup raisins, steam 3 hours in steamer; serve with wine sauce. Good where sugar is scarce.

MRS. W. D. BRYAN.

Use KNOX GELATINE if you would be sure of results.

FRUIT PUDDING

One can sliced pineapple, 1 lb. malaga grapes or can white cherries, 1 box lemon Jell-O, 4 eggs, ½ cupful sugar, 1 lemon. Drain pineapple juice in a pan, add the sugar and juice of 1 lemon; put on the stove and when hot dissolve Jello in it; beat whites of the 4 eggs stiff; pour juice over; add fruit, diced, and put away to cool. Beat the 4 yolks, add 1 pint sweet milk, sweeten to taste and cook until it thickens, then add teaspoonful of vanilla. When ready to serve put pudding in dish, pour custard over and top with whipped cream.

MRS. C. D. RAY.

HOW TO WHIP BORDEN'S EVAPORATED MILK

Open a can of Borden's Evaporated Milk and set the can in a saucepan of cold water, allowing the water to cover $^2/_3$ of the can. Bring to the boling point, but do not boil, and when the water begins to bubble remove the can at once from the water and chill until it is ice cold. Then pour it into a deep bowl and whip with an ordinary egg-beater until it is stiff. Sweeten to taste with sugar and add desired flavor. Serve as soon as possible after being whipped.

A MERINGUE

Whites 3 eggs, 3 rounded tablespoonfuls of pulverized sugar, any flavoring desired. Beat the eggs very stiff, add sugar slowly, and then the flavoring. The only art in having a nice meringue is in the cooking. Don't put it in a hot oven; don't try to brown it. Put it in a **very** moderate oven and let it cook slowly at least half an hour. It will brown evenly in that time if it is turned occasionally, and rise very high and be solid. 3 eggs are enough for one pie or pudding, though 2 might do.

MRS. CHAS. G. ELLIOTT.

HEAVENLY HASH

Peel and slice in very small pieces 6 oranges, 8 slices of pineapple, chopped; 1 lb. of Malaga grapes, seeded and cut into halves, 1 cup of English walnuts. Sprinkle over all 1 pint powdered sugar; dissolve 1 package of Knox Gelatine in a little water, pour through the fruits; set on ice. Serve with whipped cream.

MRS. W. B. BALLOU.

TIPSY PUDDING

Flavor boiled custard with sherry wine, and pour over slices of stale sponge cake; cover with whipped cream.

PRUNE WHIP

One-third lb. prunes, ½ cup sugar, whites of 5 eggs, ½ tablespoonful lemon juice. Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer, add sugar and cook 5 minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture when cold, and lemon juice. Pile lightly on buttered pudding dish, bake 20 minutes in slow oven.

MAPLE SPONGE

One envelope Knox Sparkling Gelatine, 1½ cups cold water, 2 cups brown or maple sugar, ½ cup hot water, whites of 2 eggs, 1 cup chopped nut meats. Soak gelatine in cold water 5 minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil 10 minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs beaten until stiff, and nut meats. Turn into mold first dipped in cold water, and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk and flavoring.

Pink Coloring for fancy desserts in each package of KNOX GELATINE.

ORANGE CHARLOTTE

One and one-half tablespoons Chalmer's Granulated Gelatine $^1/_3$ cup cold water, $^1/_3$ cup boiling water, 1 cup sugar, 3 tablespoons lemon juice, 1½ cups orange juice and pulp, whites 3 eggs, 2 cups whipped cream; soak gelatine in cold water, dissolve in boiling water; add sugar, lemon juice, orange juice and pulp. Chill in pan of ice water; when quite thick beat with egg beater until frothy; add whites of eggs beaten stiff and fold in cream. Let stand in cold pan to congeal.

MRS. B. S. ROYSTER.

CHOCOLATE PLUM PUDDING

One envelope Knox Sparkling Gelatine, ¾ cup cold water, 1 cup sugar, ½ teaspoonful vanilla, 1 cup seeded raisins, ½ cup dates or figs, if desired, ¼ cup sliced citron or nuts, as preferred, ½ cup currant, 1½ squares chocolate, 1 pint milk, pinch salt. Soak gelatine in cold water 5 minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire and when mixture begins to thicken add vanilla, fruit and nut meats. Turn into mold, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with vanilla.

BOILED CUSTARD

Two cups scalded milk, yolk 3 eggs, ¼ cup sugar, ⅛ teaspoonful salt, ½ teaspoonful vanilla. Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler; continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately, chill and flavor. When eggs are scarce, use yolks 2 eggs and ½ tablespoonful corn starch.

MISS HELEN WHITE.

LEMON FOAM

Yolks of 4 eggs, 4 tablespoonfuls sugar, juice and grated rind of 1 lemon, 2 tablespoonfuls hot water. Simmer until it thickens and then stir in the beaten whites of 4 eggs and 2 tablespoonfuls sugar. Serve cold.

MISS KATE de la CROIX.

NUT FRAPPÉ

One-half envelope Knox Sparkling Gelatine, ¼ cup cold water, ½ cup sugar, 1 cup cooked pineapple and strawberries, 1 cup cream, ¾ cup milk, white of 1 egg, 1 cup chopped nuts. Soak the gelatine in the cold water 5 minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbet glasses.

APPLE SNOW

Whites 3 eggs, ¾ cup apple pulp, powdered sugar. Pare, quarter, and core 4 sour apples, steam until soft, and rub through sieve; beat on a platter whites of eggs until stiff, add gradually apple sweetened to taste, and continue beating. Pile lightly on glass dish, chill, and serve with boiled custard.

TOMBSTONE PUDDING

One quart milk, 5 eggs, 1½ cups sugar, 4 tablespoons flour, 2 doz. macaroons, ¼ lb. shelled almonds, 1 cup wine. Make custard of milk, eggs, sugar and flour. (Leave out egg whites for meringue.) Set aside to cool. Dip macaroons in wine, line a chop dish with them, put the rest of wine in the custard and pour over the cakes. Put meringue on top and brown, then stick the almonds in the meringue.

MRS. JOHN PARIS.

PASTRY

"Simplicity talks of pies."—*Willis.*
(Love in a cottage.)

PIES

In making paste, use ice water. Have the lard and butter cold and hard. Do not knead the dough, but mix it as lightly as possible.

PIE CRUST

Three and one-half cups sifted flour, 1 cup of sweet lard, or half butter, 1 teaspoon salt, 1 teaspoon baking powder, 1 cup of cold water. Mix with a knife, using hands as little as possible. Roll thin.

Pastry for One Pie

One heaping cup of pastry flour, 1 saltspoon of baking powder, 1 saltspoon of salt, 1-3 to ½ cup butter and lard mixed.

CITRON TARTS

One lb. brown sugar, ½ lb. butter, yolks of 6 eggs, juice of 1 lemon rind.

Try **KNOX ACIDULATED GELATINE** with the Lemon Flavor enclosed.

POTATO CUSTARD

Three cups mashed sweet potato, cream with 2½ cups sugar, 1 cup of butter. Add 1 cup of sweet milk with pinch of soda. 1 cup of wine, 4 eggs beaten in one at a time, ½ nutmeg grated. Put in pastry, and bake light brown. This will make two thick pies.

MRS. S. C. MORTON, JR.

BUTTERMILK CUSTARD PIE

Five eggs, 4 teaspoons of corn starch or flour well beaten together, 1 tablespoon butter, 2 cups sugar, 2 cups buttermilk, 1 teaspoon soda. Season with lemon. Bake on crust. Will make four pies.

MRS. J. WEBB.

MARSHMALLOW APPLE PIE

This makes one pie. Fill a pastry lined pan with well-floured apples, pared, cored and cut in eighths. These are sprinkled thickly with sugar and a few tablespoons of water poured over them. The pie is baked in oven until the apples are tender, then spread with halved fresh marshmallows and return to oven to bake until brown.

MRS. W. I. HOWELL.

CHOCOLATE PIE

One cup sugar, 1 cup milk, 1 egg, ¼ cake chocolate. Cook until thick, and serve on portions of flaky pie crust, topped with whipped cream.

MRS. D. K. TAYLOR.

PINEAPPLE PIE

Allow $^2/_3$ cup of sugar to each cup of pineapple (grated or cut up into disks). Let stand two hours. Drain off juice. Beat 1 egg and 1 teaspoon corn starch for each cup of apple. Stir it into a cupful of the juice and boil (stirring constantly to prevent burning); when cool mix the diced pineapple, fill pie crusts (already baked), putting a meringue on top, brown lightly in oven.

MRS. JOHN GOOCH.

MOCK CHERRY PIE.

Chop 1 quart of cranberries, use a coarse blade of meat chopper if you like. Add 2½ cups of sugar (or if preferred 2 cups sugar and ½ cup of sugar substitute). Then add 1 tablespoon flour with ½ cup water (or 1 tablespoon cornstarch, wet with little cold water), to which add 1 cup of boiling water. If liked add 1 cup chopped raisins. This makes filling for 2 pies. Use top and bottom crust.

MRS. KATE WHITE.

FANCY CUSTARDS

Yolks 10 eggs, 1 cup butter, 1½ cups sugar, 1 teaspoonful vinegar. Season with lemon or brandy. Cream butter and sugar and mix with beaten yolks of eggs. Then add vinegar and seasoning. Bake on rich pastry. Make meringue of whites and 1½ cups sugar, seasoning with lemon. This quantity makes 5 custards.

MRS. JAMES W. HORNER.

LEMON CUSTARD PIE

Six eggs, 2 cups sugar, 2 grated lemons, 1 cup sweet milk, and 1 tablespoonful flour or corn starch. Beat yolks of eggs and sugar together, add flour or corn starch, then grated lemons and last, the sweet milk. Beat whites of eggs to a stiff froth, then add 8 tablespoonfuls sugar and spread on custards when well done.

MRS. J. G. HUNT.

CHESS PIE

Three eggs, $^2/_3$ cup of sugar, ½ cup butter, ½ cup milk. Flavor with nutmeg, lemon and vanilla. Cream butter and sugar and add yolks of eggs, and milk. Cook on crust and when done cover with meringue made up of the whites stiffly beaten and 3 tablespoonfuls of sugar and a little vanilla. Return to oven and brown. This makes one pie.

MRS. S. H. PRICHARD.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons.

CARAMEL PIE

One egg slightly beaten, 1 full cup brown sugar, 1 teaspoonful flour mixed with sugar, 1 tablespoonful sweet milk, and a piece of butter the size of a guinea egg (melted). Beat all together well and bake in slow oven. This makes one nice pie.

MRS. T. G. STEM.

CRANBERRY PIE

Two cups cut cranberries, 1 cup raisins, cut in two, 2 tablespoonfuls flour dissolved in little cold water; then pour on 1 cup boiling water, 1¾ cups sugar. Little butter or vanilla. Makes two pies.

MRS. A. SALLS.

LEMON CUSTARD PIE

Grated rind and juice of 1 lemon, ¾ cup sugar, yolks of 3 eggs, 1 tablespoonful of butter, 3 tablespoonfuls milk, 3 teaspoonfuls flour. Beat yolks and sugar together, add juice and rind of lemon, stir in flour, add melted butter, and milk. Cover pie pan with pastry, fill with custard and bake. Use whites of eggs for meringue. Beat until stiff and add 3 tablespoonfuls of sugar and a few drops of vanilla. Spread on custard and brown in oven slowly.

MRS. B. S. ROYSTER.

See that the name K-N-O-X is on each package of gelatine you buy.

MOCK MINCE PIE

Four crackers, rolled, $^2/_3$ cup butter, 1½ cups sugar, 2 eggs, beaten; 1 cup molasses, 1 cup vinegar, 1 cup water, 1 cup chopped raisins, spice to taste. Makes 3 pies.

MRS. A. SALLS.

CHOCOLATE PIE

Four tablespoonfuls grated chocolate, 6 tablespoonfuls white sugar, 2 tablespoonfuls of flour, yolks of 2 eggs, 1 $^1/_3$ cups sweet milk, 1 teaspoonful of vanilla, and butter the size of a hickory nut. Cook to a custard and put on crust previously baked. Beat the whites of eggs and add 2 tablespoonfuls of sugar and a little vanilla, place on top of filling and brown in oven.

MRS. S. H. PRICHARD.

APPLE PIE

Line a pie plate good with pastry, fill with sliced ripe winter apples, putting in peeling, core and seed, and 1 lemon sliced thin, to each pie. Dot the top with bits of butter, using 1 tablespoonful of butter to each pie. ½ cup of sugar; quantity of sugar depends on the tartness of the apples. Add as much cold water as plate will hold without cooking over. Cover the pie with a top pastry and bake until brown. Sift powdered sugar over the top before sending to table.

MRS. KATE WHITE.

IX.

CAKES

"The odor of that spicy cake came back upon my recollection."—*Charles Lamb.*

CAKES

Always sift powdered sugar; sift flour twice. Beat whites and yolks of eggs separately. Sprinkle fruit with flour; stir butter and sugar to a cream; sift baking powder well through flour. Admit as little air as possible into the oven while baking.

TUMBLER CAKE

One tumbler butter, 1 tumbler sugar, 1 tumbler molasses, 1 tumbler sweet milk, 4 tumblers flour, 4 eggs, 1 lb. currants, ¼ lb. citron, 1 teaspoon soda, 1 teaspoon cloves, 2 teaspoons cinnamon, 1 nutmeg, 1 glass brandy.

MISS KATE de la CROIX.

SPONGE CAKE

Two cups sugar, 3 cups sifted flour, 6 eggs, 1 cup boiling water, 1 rounding teaspoonful of baking powder, 1 teaspoonful mixed extracts. Cream egg yolks and sugar together until very light. Add boiling water, then gradulally add flour in which baking powder has been sifted. Lastly add well beaten egg whites and flavoring. Bake in loaf in moderate oven or rather quickly in small biscuit pan.

MRS. JOHN R. HALL.

KNOX GELATINE is measured ready for use—each package is divided into two envelopes.

SPANISH BUN CAKE

Four eggs, 1 pint sugar, 1 cup sweet milk, 1 pint flour, 1 cup butter, 2 tablespoons cinnamon, 1 teaspoon each soda and cream of tartar, or 2 teaspoons baking powder. Bake in moderate oven about 40 minutes. Delicious served with sauce.

MRS. S. H. USRY.

FRUIT CAKE

Six eggs, 3 cups brown sugar, 1 cup sweet milk, 4 cups flour, 2 lbs. chopped raisins, 1 l b.currants, 1 lb. figs, ½ lb. citron, 1 lb. dates, all chopped fine, well floured and added after mixing in 1 cup butter, 1 teaspoon each of grated nutmeg, spice, cloves, ginger, mace, cinnamon, 1 cup of brandy or wine and 1 teaspoon each of cream tartar and soda, or 2 heaping teaspoons baking powder. Bake from 3 to 4 hours.

MRS. S. H. USRY.

SPONGE CAKE

Three eggs, 1 cup sugar, ½ cup hot water, 1 cup flour, 1 teaspoonful baking powder, $^1/_3$ teaspoon salt. Season to taste. Bake about 30 minutes.

MRS. S. H. USRY.

LAYER CAKE

Nine whites of eggs, 4 sifted cups of flour, 2 cups sugar, 1 cup of butter, 1 cup milk, 2 teaspoons baking powder; lemon and vanilla. To $^1/_3$ of above batter add 1 cup of raisins chopped and floured; 1 tablespoon of grape jelly, 1 heaping tablespoon spice, 1 teaspoon molasses to which a pinch of soda has been added. Let cake rise slowly and then bake quickly.

Filling

Three whites of eggs, 3 cups sugar, 1 cup water, lemon extract. Make according to recipe for boiled icing and add 1 grated cocoanut. MRS. R. G. LASSITER.

DEVIL CAKE

Batter

One cup brown sugar, ½ cup butter, 2 cups flour, ½ cup sweet milk, 2 eggs. Cream butter, sugar, and yolks of eggs. Add milk and sifted flour and whites of eggs. Then stir in custard. Last, add 1 teaspoon of soda dissolved in little warm water. Custard part is made of 1 cup of grated chocolate, ½ cup of sweet milk, 1 cup of brown sugar, yolk of 1 egg, 1 teaspoon of vanilla. Ice with white icing.

MRS. BONITZ.

DEVIL CAKE

One-half cake of chocolate, 1 cup of brown sugar, ½ cup sweet milk, yolk of 1 egg, 1 teaspoonful vanilla, cook together till thick; set aside to cool, while making cake part.

Cake Part

Five eggs beaten separately, 2 cups sugar, 1 white and 1 brown; 1 good cup of butter, 4 cups flour, 1 tablespoonful ground spices, 1 level teaspoonful soda sifted in flour, $^2/_3$ cup sweet milk.

Filling

One lb. white sugar, whites of 2 eggs, ½ lb. of marshmallows, 1 teaspoonful vinegar.

MRS. W. D. BRYAN.

DEVIL CAKE

Custard Part

Two cups of grated chocolate, 1 cup of sweet milk, 2 cups of brown sugar, yolk of 2 eggs, 2 teaspoonfuls of vanilla.

Cake Part

Two cups of brown sugar, 1 cup butter, 4 cups flour, 1 cup of sweet milk, 4 eggs. Cream butter, sugar and yolk of eggs, add milk, sifted flour, and whites beaten stiff. Stir in custard part and lastly add 2 teaspoonfuls of soda in a little warm water.

MRS. I. W. HOWARD.

LEMON FILLING

One cup sugar, 2 teaspoonfuls butter, 2 eggs, 2 lemons. Beat all together and cook to the consistency of jelly. Oranges may be used instead of lemons.

MRS. J. WEBB.

SPONGE CAKE

Twelve eggs, 1 lb. sugar, and ½ lb. flour. Beat sugar and yolks together until light, then add the whites that have been beaten to a stiff froth, and beat well; season to taste. Now stir in the flour as lightly as possible, and bake in a moderately quick oven.

MRS. JOHN PARIS.

LEAFDALE CAKE

Whites of 6 eggs, 2 cups of sugar, 1 cup of butter, 1 cup of sweet milk, 3 cups of sifted flour, 3 teaspoons baking powder. In mixing batter add the well beaten whites last.

Filling

Two cups of white sugar, 1 cup water, 2 egg whites, 1 small cocoanut, 1 cup seeded raisins, 1 cup English walnuts. Boil sugar and water until it threads, then pour on beaten whites. Beat until cool, and stir in cocoanut, raisins and nuts. Spread between layers. Put plain white icing on outside.

MRS. CAM EASTON.

EASY LAYER CAKE

One-half cup butter, 1½ cups sugar, 3 eggs, 1 cup milk, 2½ cups flour, 2 teaspoonsful Baking Powder, 1 teaspoonful vanilla, pinch of salt; mix dry ingredients. Cream butter and sugar, add eggs, one at a time, beat thoroughly; then alternately add milk and flour, vanilla and salt. Bake in 3 layers in quick oven.

MRS. R. M. RAY.

A CHEAP BUT DELICIOUS CAKE

One cupful sugar, 1 tablespoonful butter beaten to a cream, 1 cupful milk, 2 cupfuls flour, whites of 2 eggs, 2 teaspoonfuls baking powder. To be mixed in order ingredients are given. Add a tablespoonful of boiling water to creamed sugar and butter and cake will be as rich and much lighter than when a cup of butter is used.

MRS. KATE WHITE.

CARAMEL CAKE

One cup of butter, 2 cups of sugar, 1 cup of milk, 3 cups of flour, 5 egg whites, 2 teaspoons of baking powder.

Filling

One and one-half cups of brown sugar, ½ cup of sweet milk, 1 tablespoon of butter, vanilla.

WHITE FRUIT CAKE

One lb. of white sugar, 1 lb. of flour, ½ lb. of butter, whites of 12 eggs, 2 lbs. of citron, cut in thin, long strips; 2 lbs. almonds, blanched and cut in strips; 1 large cocoanut, grated. Before the flour is sifted, add to it 1 teaspoonful of soda, 2 teaspoonfuls of cream of tartar. Cream the butter, add sugar, and beat, then add the whites of eggs, and flour, and after beating the batter well, add about $^1/_3$ of fruit, ter in the cake mold. Steam, or bake slowly and carefully as you would any fruit cake.

MRS. J. D. BROOKS.

ANGEL FOOD (CAKE)

Whites of 12 eggs beaten to stiff froth, 12 ounces of pulverized sugar, 5 ounces flour sifted 4 or 5 times; put 1 teaspoonful cream of tartar in flour; add to the whites after beating pulverized sugar and flour very slowly, beating all the time, then add vanilla to taste. Bake in a moderate oven about 50 minutes.

MRS. W. Z. MITCHELL.

UNION CAKE

One cup butter, 2 cups sugar, 4 eggs, 1 cup milk, ½ cup cornstarch, ½ spoonful soda, 3 cups flour, 1 spoonful cream of tartar.

MRS. A. SALLS.

POUND CAKE

Follow these directions and you will have a delicious cake easy to make. Cream $^2/_3$ cup butter with 2 cups flour; beat 1 cup of whole eggs with a pinch of salt until very light, with an egg beater. Then beat 1½ cups sugar with 1 scant teaspoonful of baking powder into the eggs. Add egg mixture to the creamed flour and butter, a little at a time until all is mixed; flavor to taste and beat vigorously with long, light strokes. Bake in a shallow tin; serve in blocks. Our grandmothers' pound cake recipe reduced to measure.

MISS ESTELLE WHITE.

MARBLE CAKE

White Part

One cupful white sugar, ½ cupful butter, ½ cupful buttermilk, whites of 3 eggs, 1 teaspoonful cream of tartar, ½ teaspoonful of soda, 2 cupfuls of flour.

Dark Part

One-half cupful brown sugar, ¼ cupful butter, ½ cupful molasses, ¼ cupful milk, yolks of 3 eggs, ½ nutmeg, 1 teaspoonful cinnamon, ½ teaspoonful allspice, 2 cups flour, ½ teaspoonful of soda, 1 teaspoonful of cream of tartar. Put in mold alternately, spoonfuls of light and dark batter.

MRS. J. D. BROOKS.

ANGEL CAKE

Whites 8 eggs, 1 teaspoonful cream of tartar, 1 cup sugar, ¾ cup flour, ¼ teaspoonful salt, ¾ teaspoonful vanilla. Beat whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff, then add sugar gradually. Fold in flour mixed with salt and sifted 4 times, add vanilla. Bake 45 to 50 minutes in an un-buttered angel cake pan.

MRS. M. C. EVINS.

ANGEL CAKE

Whites of 10 eggs, 1½ cups of sugar, 1 cup flour, 1 teaspoonful cream of tartar, pinch salt, flavoring. Sift flour, cream of tartar, sugar, salt, together 1 times. Add eggs, beaten light, and stir only enough to mix very lightly. Bake in slow oven.

MRS. J. D. BROOKS.

FRUIT CAKE

Three lbs. best stoned raisins, 1 lb. currants, 1 lb. citron, 12 eggs, 1 lb. fresh butter, 1 lb. loaf sugar, 1 lb. flour, 1 lb. almonds if liked. Make batter as for nice cake, and before adding fruit stir into batter 4½ teaspoonfuls cream of tartar, 1½ teaspoonfuls soda, 1 large tablespoonful of ground cinnamon, 1 small tablespoonful of white ginger, 4½ nutmegs, 1 tablespoonful of best molasses, ½ cup brandy or good wine. Steam 6 hours. Excellent. Can be kept 6 months.

 MRS. BROOKS.

FRUIT CAKE

One lb. butter, 1 lb. sugar, 1 lb. flour, 1 doz. eggs, 1 grated nutmeg, 1 tablespoonful pulverized allspice, 1 tablespoonful pulverized cloves, 1 tablespoonful pulverized cinnamon, 2 lbs. raisins, 1 lb. currants, 2 lbs. figs, 1 lb. citron, 1 lb. shelled almonds, ½ small teaspoonful black pepper, 1 small bottle mixed extracts, 1 goblet brandy. If wanted extra rich, use little more than pound of butter.

MRS. R. B. HINES.

CHOCOLATE ICING

Two cups brown sugar, ½ cup milk, ¼ cake chocolate, a little butter. When hard in cup of water, add to stiffly beaten whites. Use 2 whites; beat well.

MISS HIXIE WHITE.

CHOCOLATE CAKE

One-half cup butter, 1½ cups sugar, ½ cup milk, 1¾ cups flour, ¼ lb. chocolate, 3 eggs, ½ spoonful soda, 1 spoonful cream of tartar. Scrape or cut chocolate fine, add 5 tablespoonfuls sugar and 3 tablespoonfuls water (boiling) to the chocolate. Stir over fire until glossy and smooth, then stir into beaten sugar and butter; add to this the eggs well beaten ,then milk and flour.

MRS. A. SALLS.

RICH STRAWBERRY SHORT CAKE

Two cups flour, ¼ cup sugar, 4 teaspoonfuls baking powder, ½ teaspoon salt, few grains nutmeg, 1 egg, $^1/_3$ cup butter, 1¼ tablespoonfuls lard. $^1/_3$ cup milk. Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg well beaten, and milk; bake. Split cake and spread under layer with cream sauce. Cover with strawberries that have been sprinkled with powdered sugar.

JAPANESE FRUIT CAKE

Six eggs, 1 lb. sugar, 1 lb. flour, ½ lb. butter, 1 cup sweet milk, 2 teaspoonfuls baking powder, 1 teaspoonful lemon, 1 cup seeded raisins, 1 teaspoonful ground spice, 1 teaspoonful cloves, 1 teaspoonful cinnamon. Put this in half of the batter; make a 5-layer cake.

FILLING: 1 cocoanut, juice of 2 lemons, 2 cups sugar, 1 cup boiling water, thicken with a little cornstarch. Beat until cold, put between layers; plain white icing on outside. MRS. CAM EASTON.

MOLASSES CAKE

Cream 2 tablespoonfuls of butter, 2 tablespoonfuls of sugar; add 1 egg and beat well; then 1 cup of molasses, ½ cup of warm water in which 1 teaspoonful of soda has been dissolved, and ½ teaspoonful of cinnamon, 2 cups of flour. Beat well and bake in layers with any filling desired. MRS. OSCAR BREEDLOVE.

WHITE LOAF CAKE

Whites of 1 doz. eggs beaten well, ¾ lb. of good country butter, 2½ cups of white sugar, 5 cups of flour, 1 good teaspoonful of baking powder, 1 teaspoonful of vanilla, 1 teaspoonful of lemon, 1 cup of sweet milk. To mix: Cream butter well, add sugar, cream again, then add to butter and sugar 1 god cup sweet milk, cream milk well into the sugar and butter, then add half flour well sifted, mix, then add half of whites of eggs, mix well, then add rest of flour, mix again well, then add all whites of eggs, flavoring, and bake at once in slow oven, keeping heat about same, for an hour and a half.

MRS. W. D. BRYAN.

SOFT GINGERBREAD

One cup sugar, 1 cup New Orleans molasses, ½ cup butter, ½ cup lard, 3 eggs, 3 cups sifted flour, 1 cup boiling water in which 2 level teaspoons soda have been dissolved, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 cup raisins, floured and added at the last. This mixture is very thin. MRS. KATE WHITE.

HOT WATER GINGERBREAD

One cup molasses, 1 teaspoonful soda, 1 tablespoonful ginger, 1 tablespoonful melted butter, ½ teaspoonful salt, ½ cup boiling water, 2 cups flour.

MISS KATE de la CROIX.

SPONGE DROPS

Beat 3 eggs lightly, add ¾ of a cup of granulated sugar, 1 heaping cup of flour sifted with 1 teaspoonful of cream of tartar, and ½ teaspoonful of soda (or 1 heaping teaspoonful baking powder). Flavor with 1 teaspoonful lemon extract; drop with teaspoon three inches apart on buttered tins.

MISS KATE de la CROIX.

COCOA DOUGHNUTS

One egg, ½ cup sugar, ½ cup milk, ¼ cup cocoa, 1¾ cups flour, ¼ teaspoonful salt, ¼ teaspoonful cinnamon, 2 heaping teaspoonfuls baking powder. Mix and sift dry ingredients. Beat egg; add sugar, then milk and dry ingredients alternately. Roll, cut, and fry in deep fat. About ¼ cup of flour worked in to knead.

MRS. A. SALLS.

OATMEAL COOKIES

Two cups flour, 2 cups oatmeal, 1 cup sugar, 1 cup Crisco, 2 eggs, 4 tablespoonfuls of sweet milk, 1 teaspoonful of cinnamon, ½ teaspoonful of soda, ½ teaspoonful of baking powder, 1 cup nuts, 1 cup raisins. Mix Crisco and sugar, add beaten eggs, and milk, then flour, nuts, raisins, oatmeal, cinnamon, baking powder and soda and a pinch of salt; drop with teaspoon. Batter is very stiff.

MRS. W. I. HOWELL.

Send for free sample of **KNOX GELATINE.**

COOKIES

One-half cup butter, 1 cup sugar, 1 tablespoon milk, 2 eggs, 1 heaping teaspoonful baking powder. Flour to make dough to roll out. MISS KATE de la CROIX.

GINGER COOKIES

One cupful of brown sugar, 1 cupful of butter, or equal parts of butter and shortening, 1 cupful of molasses, 2 eggs well beaten, ⅛ teaspoonful of salt, 1 teaspoonful of soda, 1 teaspoonful of ginger, ½ teaspoonful of cloves, ½ teaspoonful of cinnamon, ½ teaspoonful of allspice, flour to roll. Cream together the sugar and shortening, add molasses, eggs and salt, mix together the soda and spices with 1 cupful of flour. Beat in the first mixture, and then add flour to roll. If unsalted shortening is used, double the proportion of salt. MRS. F. B. BLALOCK.

FRUIT COOKIES

One cup of butter, 1½ cups of sugar, 3 eggs, 3 or 3½ cups of flour with 1 teaspoonful of baking powder, ½ teaspoonful of soda in 1/3 of a cup of hot water, ½ cup of cold water, 1 lb. of seeded and chopped raisins, 1 cup of English walnuts, chopped, 1 small nutmeg, 1 teaspoonful cinnamon, ½ teaspoonful cloves. Drop with a teaspoon on a greased pan, not close together, and bake in a quick oven. Should make 6 dozen cakes. MRS. BOOKER.

OATMEAL WAFERS

Two eggs, 1 cup granulated sugar, 1 teaspoonful salt, 2½ cups rolled oats, 2 teaspoonfuls baking powder, a few drops almond essence. Drop in small balls on buttered tins, leaving room for them to spread out. Leave them in the pans for a few minutes before trying to take them out. Then run a knife under them.

SURPRISE COOKIES

Cream together 1 cupful sugar and ½ cupful of butter or lard. Add 1 egg and mix well. Add to the mixture 2 heaping cups of flour. Mix well, add more flour if necessary, roll and cut in squares.

FILLING FOR COOKIES: Mix together 1 cupful raisins, ½ cupful sugar, 1 tablespoonful of flour. Add 1 cupful boiling water. Cook until thick. Figs or dates may be used instead of raisins, and nuts may be added. When the filling is cold, place one spoonful on a cooky; put one cooky over it, pressing edges tightly together. Bake in a quick oven. Makes 24 cookies.

MISS MAY WHITE.

RUSSIAN ROCKS

Three eggs, 2 cups sugar (brown or white), 1 cup butter, 2 teaspoonfuls cinnamon, 3½ cups sifted flour, 1 cup nut meats (pecans or black walnuts), 2 cups chopped raisins, 1 level teaspoonful soda in ½ cup of hot water. Mix well and drop from teaspoon on ungreased tins. A small quantity of batter makes a good size cake. When cool place in tins, and they will improve with age.

MRS. NELLE C. POWELL

X.

ICES

As soon
"Seek roses in December as an ice in June."—
Byron.

ANGEL PARFAIT

One cup sugar, ¾ lup water, whites 3 eggs, 1 pint heavy cream, 1 tablespoon vanilla. Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly on the beaten whites of eggs and continue the beating until mixture is cool. Add cream, beaten until stiff, and vanilla; then freeze.

MRS. MARY COOPER EVINS.

FRUIT SHERBET

Economical

One-half envelope Knox's Sparkling Gelatine (scant measure), 1½ cups sugar, 1 orange, 3 cups rich milk, 1 lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in a part of a cup of milk for 5 minutes, and dissolve by standing in a pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

FROZEN PUDDING

Make a custard of 1 pt. milk, 2 eggs and 1 cup sugar. When cold, add 1 qt. cream and ¼ lb. of red crystallized cherries that have been soaked overnight in 5 tablespoonsful of sherry wine. Then freeze.

MRS. JOHN PARIS.

SHERBET MADE FROM "LEFT OVERS"

Three qts. water, 6 well beaten eggs, sugar to suit taste, 3 slices of chopped left over pineapple and the syrup from pineapple, juice of 2 lemons and grated rinds, left over maraschino cherries chopped up, also syrup from these; one left over orange; mix all together, freeze hard and pack. Serve with cherry on top.

(Original.) MRS. K. L. STREET.

STRAWBERRY ICE CREAM

Two boxes strawberries, 1 cup sugar, 2½ cups Borden's Eagle Brand Condensed Milk, 2½ cups water, 2 tablespoonsful flour, ⅛ teaspoonful salt. Hull and crush strawberries, cover with sugar, let stand 1 hour, wash and run through strainer. Cook milk, water, flour and salt until smooth and slightly thickened. Cool and freeze to a mush, add fruit, and finish freezing. Yield 2 quarts.

GRAPE JUICE SHERBET

Soak ½ envelope gelatine in ½ cup cold water 5 minutes. Make a syrup by boiling 1 cup sugar and 1½ cups boiling water ten minutes and add 1 pint grape juice, 4 tablespoonfuls lemon juice, $^1/_3$ cup orange juice, then freeze.

CARAMEL ICE CREAM

One quart cream, 2 cups milk, 1 $^1/_3$ cups sugar, 1 egg, 1 tablespoon flour, ⅛ teaspoon salt, 1½ tablespoons vanilla. Prepare same as vanilla ice cream, using ½ sugar in cutard; remaining ½ carmelize, and add lowly to hot custard.

COFFEE MARSHMALLOW CREAM

Two cups strong boiling coffee, 2 taplespoonfuls granulated gelatine, 2 tablespoonfuls cold water, 3 tablespoonsful sugar, ½ cup Borden's Eagle Brand Condensed Milk plus ½ cup water, ½ teaspoonful vanilla, ¼ cup marshmallows. Soak gelatine in the cold water until soft. Add coffee and stir until gelatine is dissolved. Add other ingredients. Add marshmallows just before chilling; chill and serve; marshmallows may be omitted from this recipe.

The KNOX ACIDULATED package contains flavoring and coloring.

WE THREE SHERBET

Three pints water, whites of 3 eggs, 3 cups sugar, 3 oranges, 3 lemons, 3 bananas; crush fruit fine, beat whites of eggs, mix all together and freeze.

MRS, S. H. USRY.

[In recipes calling for brandy or wine, grape juice, or other fruit juices may be substituted.]

XI.

EGGS AND CHEESE

"Immense reduction in eggs—only one shilling each!!"—*Charles Reade.*

"Digestive cheese and fruit there sure will be."
—*Ben Johnson.*

EGGS

The most delicate way of preparing eggs is by pouring over them boiling water and letting them stand 15 minutes closely covered.

OMELETTE WITH PEAS AND TOMATOES

To the beaten yolks of 8 eggs add 8 tablespoonsful sweet milk. Season with salt; add well beaten whites and cook in omelette pan. Have ready the following: 1 can green peas cooked thoroughly done, 1 can of tomatoes thoroughly mashed and **hot.** Mix; place omelette on large platter and pour mixture around. Serve immediately. Can of mushrooms may be used with above if desired. MRS. R. G. LASSITER.

CHEESE FOAM

One egg, 1 cup cheese (cut up), 1 cup bread crumbs, 1 cup milk, little red pepper (tiny dash), little salt, mustard, and pepper, little soda (pinch). Pour milk on crumbs, add cheese and stir.

MISS MAY WHITE.

CHEESE SOUFFLÉ

Two tablespoons butter, 1 heaping tablespoon flour, ¾ cup milk, 1 cup grated cheese, 3 eggs ½ teaspoon salt, a dash of cayenne pepper. Put the butter in a saucepan; when melted add flour and stir until smooth, but not brown. Add milk and seasoning and cook ten minutes. Add yolks of eggs well beaten, and cheese. Set aside to cool; when cold add whites of eggs beaten to a stiff froth. Pour in buttered dish and bake 25 minutes. Serve at once.

MRS. R. L. BROWN.

RING TURN DIDDY

One pound American cheese, 3 eggs—yolks and whites beaten separately, 1 can Campbell's Tomato soup, 1 teaspoonful salt, ¼ teaspoonful mustard, ¼ teaspoon red pepper, 1 tablespoon Worcester sauce. Melt cheese, pour in soup, put all the seasoning to the yolks and add to the cheese and soup. Cook until thick, stirring all the time. Add whites just before removing from the stove. Serve with unsalted crackers.

MRS. J. D. HARTE.

CHEESE FONDU

One egg, 1 cup milk, 2 slices bread, buttered and cut in small squares, about ¼ lb. cheese, or less, sliced fine or grated. Salt, pepper; bake.

MRS. A. SALLS.

XII.

PICKLES AND SAUCES

"The plenteous pickle shall preserve the dish."
—*Gay.*

"Epicurean cooks sharpen with clayless sauce his appetite."—*Shakespeare.*

MINCE MEAT (TOMATO)

Two qts. green tomatoes (after chopped), 2 qts. chopped apples, 1½ lbs. raisins, little mace, tablespoonful cinnamon and allspice, 1½ qts. sugar, 1 pt. vinegar. Put tomatoes in a sack, two handfuls salt over, and let drain over night, squeeze; put vinegar, sugar, spices, tomatoes and apples on and cook ½ hour. Then add raisins and cook ½ hour. Put in stone jar.

MRS. R. H. WILLIS.

MEXICAN SALAD

Four qts. chopped cabbage, 2 qts. chopped green tomatoes, 1 qt. chopped onions, 4 tablespoons white mustard seed, 2 tablespoons celery seed, 2 tablespoons salt, 3 cups sugar, ½ gallon vinegar, ½ cup red and green hot peppers. Let chopped cabbage and chopped tomatoes stand in the 2 tablespoons salt for about two or thee hours to draw out some of the water. Put all ingredients on and let come to a good boil and take off and put in glass jars.

MRS. W. D. GRIMES.

CHOW CHOW

One-half peck of green tomatoes, 2 large heads of cabbage, 25 cucumbers, 15 large onions, 1 qt. small onions whole, 1 pt. of grated horse radish, ½ lb. of white mustard seed, 1 oz. of celery seed, ½ teacup of ground black pepper, ½ teacup of cinnamon, ½ teacup of turmeric, 2 boxes of mustard. Cut the cabbage, onions and tomatoes in small pieces and pack down in salt one night, also the whole small onions. In the morning drain off the brine and soak in fresh water all day and night. Drain again, then mix in the spices and turmeric. Boil 5 qts. of vinegar with 3 lbs. of brown sugar; when the vinegar comes to a boil put in the chow chow and let come to a boil.

MRS. A. S. HALL.

STRAWBERRY PRESERVES

Three qts. berries, 3 qts. sugar. Put a layer of berries and then a layer of sugar alternately in the preserving kettle. Let it simmer a few minutes, shaking the kettle occasionally, no stirring. When it comes to a boil, let it boil 30 minutes and pour off. Take notice there is no water. The berries will keep their form and size and when the weather is cold they will be lying in a bed of jelly and the yield will be much greater than the old way of pound to pound. Only try the 3 qts. at a time to insure its not scorching.

MRS. CHAS. G. ELLIOTT.

KENTUCKY RELISH

Two doz. red peppers, 2 doz. green peppers, 2 doz. small onions, ½ head of small cabbage, grind in meat chopper, add vinegar to cover, spices, 2 cups of sugar. Boil 30 minutes.

FRENCH TOMATO PICKLE

Slice 1 pk. green tomatoes and 6 good sized onions or 2 or 3 doz. small onions, put in a stone jar, sprinkle salt between the layers, using 1 teacup of salt. Let them stand over night; in the morning, drain off the liquor, boil for 10 minutes in 2 qts. of water and 1 qt. of vinegar, then skim and throw away the liquor. Put into the kettle 3 qts. vinegar and 2½ lbs. brown or white sugar; let it come to a boil and skim, then add ¼ lb. mustard seed, 2 tablespoons each of cloves, cinnamon, allspice (nutmeg), and ginger, and 1 red pepper without seed; cut fine. Cook all together 10 minutes; put in a stone jar. MRS. E. T. WHITE.

THIN WHITE SAUCE

Two tablespoons butter, 1 cup scalded milk, 1½ tablespoons flour, ¼ teaspoon salt, few grains pepper. Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings and stir until thoroughly blended. Pour on gradually the milk, adding about $^1/_3$ at a time, stirring until well mixed, then beating until smooth and glossy. If a wire whisk is used, all the milk may be added at once.

THICK WHITE SAUCE

For Cutlets and Croquettes

Two and one-half tablespoons butter, ¼ cup cornstarch or $^1/_3$ cup flour, 1 cup milk, ¼ teaspoon salt, few grains pepper. Make same as thin white sauce.

TOMATO SAUCE (WITHOUT STOCK)

One-half can tomatoes, 1 slice onion, ⅛ teaspoon pepper, 3 tablespoons butter, 3 tablespons flour, ¼ teaspoon salt. Cook onion with tomatoes 15 minutes, rub through a strainer, and add to butter and flour (to which seasonings have been added) cooked together.

TOMATO SAUCE

One and one-half cups tomato juice, 1 small onion, cook 30 minutes. Strain, add paste, which is made of three teaspoonsful of thickening, 1 teaspoonful of salt and $^1/_3$ teaspoonful of pepper. Mix paste with sauce; bake in moderately hot oven 35 minutes.

CHILI SAUCE

Eight qts. tomatoes, 3 cups of peppers, 2 cups of onions, 3 cups of sugar, 1 cup of salt, 1½ qts. vinegar, 3 tablespoonsful of cloves, 3 tablespoonsful of cinnamon, 2 teaspoonsful each of ginger and nutmeg. Peel and chop tomatoes in small pieces; chop onions and peppers very fine. Boil 3 hours and bottle in large mouth bottles, and seal.

MRS. SCOTT HUNT.

CORN RELISH

One doz. large ears corn, 1 qt. onions, 3 green peppers, 1 qt. ripe cucumbers, 1 qt. ripe tomatoes, 3 small red peppers, 1 qt. sugar, ½ cant cup salt, 2 tablespoons tumeric, 2 pts. vinegar, 5c worth white mustard seed. Run all but the corn through the food chopper and boil for 1 hour.

MRS. SCOTT HUNT.

XIII.

CONFECTIONS

"I can teach sugar to slip down your throat in a dozen different ways."—*Decker and Ford.*

DIVINITY FUDGE

Two whites of eggs, 2 cups of granulated sugar, ½ cup karo syrup, ½ cup warm water, 1 teaspoon vanilla, pinch salt, 1 cup nuts. Mix the syrup and water, add to sugar and let it boil until it drops hard in cold water. In the meantime have the whites beaten stiff and pour the cooked syrup in slowly beating the whites all the time, then add vanilla and salt; when creamy add nuts, mix well, then drop from teaspoon in a buttered platter.

MRS. MARSH RAY.

CHOCOLATE FUDGE

Four cups of sugar, 1 cup of milk, 1 tablespoon butter, little salt. Cook until it will form a soft lump when dropped in cold water. Remove from fire, and add the butter and salt. Have ready 2 cups of walnuts, which drop in just before pouring out; add vanilla to taste. Pour on buttered dishes and when cold cut in squares.

Pink Coloring for fancy desserts in each package of KNOX GELATINE.

FRENCH DAINTIES

Candy

Two envelopes Knox Acidulated Gelatine, 4 cups granulated sugar, 1½ cups boiling water, 1 cup cold water. Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil slowly for 15 minutes. Divide into two equal parts. When somewhat cooled add to one part ½ teaspoonful of the lemon flavor found in separate envelope, dissolved in 1 tablespoonful water, and 1 tablespoonful lemon extract. To the other part add 1 tablespoonful brandy, if desired, ½ teaspoonful extract of cloves, and color with pink color. Pour into shallow tins that have been dipped in cold water. Let stand over night; turn out and cut in squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavors and colors, and adding chopped nuts, dates or figs.

MARSHMALLOW FUDGE

Four cups brown sugar, 1 cup milk, ½ cake chocolate, butter size of a walnut, vanilla. Cook until hard in water, beat in ¼ pound of marshmallows and beat until creamed. Pour in buttered dish and when cool cut in squares. MISS HIXIE WHITE.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed.

CREAMED MINTS

Two cups of white sugar, 2 tablespoonfuls of butter, $^2/_3$ cups boiling water. Mix well before putting on stove. Then do not stir any more. Let boil till a ball formed in water when tapped on the cup will make a ringing noise, or till mixture dripped from the spoon will spin a good thread. Pour in shallow dishes, pull, flavor with 3 or four drops of oil of peppermint. Color if desired. Pull out long on oiled paper and cut in small pieces. Put in tight box for twenty-four hours for them to cream.

MRS. KATE FLEMING BRUMMITT.

XIV.

MENUS

"A clear soup, a bit of fish, a couple of little entrees and a nice little roast. That's my kind of a dinner."—*Thackeray.*

DINNER

Grape fruit cocktail. Clear soup with celery- wafers. Turkey, sweet potatoes; a salad. Ice cream and cake.

DINNER

Grapefruit with candied cherries, tomato bouillon, croutons; chicken or turkey; mashed potatoes, cranberry jelly, celery, mince pie, coffee and cheese wafers.

DINNER

Cocktail in pepper cups, consommé with shredded lettuce, wafers, scalloped oysters, turkey, mashed potatoes and turnips, cranberry salad, bisque cream and cake, or a pudding, crackers, cheese and coffee.

DINNER

Oyster cocktail, Creole soup, croûtons, chicken, sweet potatoes, cauliflower, celery and cheese salad, fruit frappé, cake, coffee and cheese wafers.

DINNER

Oyster cocktail and bread sticks, tomato soup and croûtons, roast beef, green peas, mashed white potatoes, roll, grape ice. Asparagus, in patties (Dresden), with cream sauce; ginger ale salad, beaten biscuit, sandwiches, mousse with cake; coffee and cheese sandwich.

LUNCHEON

Pineapple (fresh with ugar). Fish, fried potatoes and rolls. Salad, (tomatoes on lettuce). Ice cream and cake. Coffee and cheese wafers.

LUNCHEON

Grapefruit, croquettes, Waldorf salad, green peas and crackers. Tomato and cucumber salad, and sandwiches; marshmallow pudding. Coffee and cheese wafers.

MEMORANDUM

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TRY THIS SIMPLE TEST OF YOUR GELATINE

Over ¼ teaspoonful of Granulated Gelatine pour a little boiling water. Inhale the vapor rising from the solution. The odors from **Chalmers' Gelatine** are not disagreeable, but rich, wholesome and appetizing. It is "manufactured and packed" in a spotless, sanitary fctory.

REMEMBER

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ESTABLISHED 1872
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What more wonderfully dainty and refreshing desserts than "fruit juice jellies"—Grape-juice, Loganberry, Cider, Pineapple, Home-made wine, Coffee,—made in a minute—fit for a King—save cane sugar. Serve with or without cream.

One package of **CHALMERS' Granulated GELATINE** jellies four pints, dessert for four people four different times.

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DAN RIVER SELF-RISING BISCUIT FLOUR is scientifically mixed with the purest phosphate, soda and salt, and makes the baking easy.